

Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.



NUTRITION

Published Monthly by the
Production and Marketing Administration
With the Approval of the Director, Bureau of the Budget

NUMBER 55

LIBRARY
U. S. DEPARTMENT OF AGRICULTURE

OCT 24 1947

News Letter

WASHINGTON, D.C.

FEBRUARY 1947

GARDEN CONFERENCE STRESSES NUTRITION

Encouraging people to eat more fruits and vegetables was set as one of the objectives of the program of the National Garden Conference held in Washington on December 5 and 6. The attendance of about 225 included horticulturists, publishers, teachers, nutritionists, State home demonstration leaders, architects, commercial seedsmen and nurserymen, directors of State extension services, and others interested in the garden program and the improvement of home grounds for better living.

The 2-day conference was divided between panel discussions and addresses by individuals outstanding in their respective fields. Secretary of Agriculture Anderson opened the proceedings by pointing out, among other things, that the average person does not get enough of the protective foods and that home gardens can do much to remedy this deficiency. He was followed by D. A. Fitzgerald, Secretary-General of the International Emergency Food Council, who discussed the world food balance. O. V. Wells, Chief of the Bureau of Agricultural Economics, reviewed the 1947 food outlook. More and better food was urged by H. E. Babcock, Chairman of the Board of Trustees, Cornell University. W. B. Miller, Administrator of the Federal Security Agency, outlined the garden's place in the general welfare. "Which Way Gardening?" was discussed by Richardson Wright, Editor of House and Garden.

The afternoon session consisted of two panel discussions: "Need for Continuing the Victory Garden Program" and "Teaching Folks to Garden." After dinner there was a panel discussion on "Advancements in Horticultural Research." Another panel discussion was held Friday with "Gardening as an Investment Toward the Nation's Future" as the topic.

The Friday luncheon session was highlighted by an address by the Honorable Averell Harriman, Secretary of Commerce, in which he described the contributions gardens had made during the war in England and Russia.

Professor Babcock emphasized nutrition, pointing out that standards for human nutrition are not up to those for animals. He advocated tests to determine the nutritive value of human foods, particularly processed foods, just as chicken and animal feeds are tested. There is much room for improving the eating and nutritional qualities of commercial stocks of fruits and vegetables, he said. Home garden products can set the pace for commercial production. In stressing the importance of preserving the nutritive qualities of fresh fruits and vegetables through good cooking, he said that with an abundant supply in the home garden, the homemaker can afford to experiment with new ways of preparing them. He suggested that, since an optimum diet must carry a high proportion of animal products, any surplus vegetable crops be fed to animals for conversion into meat, milk, and eggs, thereby adding to the palatability and nutritive quality of the American diet.

Dr. Frank Boudreau, chairman of the Food and Nutrition Board, National Research Council, described how, through wartime rationing, the diet of the British people was brought more nearly up to health standards than it had ever been before. As a consequence, the health of the people as a whole greatly improved, the tuberculosis rate decreased, and the infant, maternal, and neonatal mortality rate went down to lower levels than ever before. "This magnificent achievement," he said, "demonstrates that we can apply the nutrition facts we know to masses of people and confidently predict the results."

During the panel discussion Thursday afternoon, Ruth Van Deman, representing BHNHE, presented charts which showed that people who had grown vegetables in their own gardens, and thereby learned to like them, bought more of them from the stores than those that had not had gardens.

The conference group endorsed the 1947 garden recommendations of the USDA and in turn recommended, among other things, that February 2-8 be designated

as National Garden Planning Week; that June 9-14 be designated as National Home Food Preservation Week; and that the 1947 National Garden Conference be held during the week of November 2-8.

Of special significance was the adoption of the resolution of the committee on the long-time garden program which resubscribed to the objectives of the two preceding National Garden Conferences and recommended as follows: "In the absence of an existing machinery to adequately implement any recommended procedure, be it therefore resolved, that the National Garden Conference petition the President of the United States that by presidential order a permanent advisory commission be created to secure the necessary leadership in a permanent staff for the effective furtherance of progress in the planning and improvement of the home, its grounds, and its community."

CONFERENCE ON HOME-CANNING RESEARCH

The National Conference on Home-Canning Research, held in Kansas City, Mo., December 5-7, 1946, was called by the Extension Service particularly for the Bureau of Human Nutrition and Home Economics to present the findings of recent research in home canning of low-acid foods. The conference also provided an opportunity for BHNHE to give background information on which new, recommended processes are based. The program also featured progress made along other lines of work recommended at the National Conference on Home Food Preservation held in Chicago, January 1944.

In attendance were Extension specialists in charge of food preservation programs, staff members of BHNHE actively engaged in home canning research, members of State experiment stations, and persons from other fields, who have been working on problems related to home-canning processes and procedures.

The first sessions of the conference were given over to papers reporting the scope and findings of research in home canning, reports on clinics and investigations in canning equipment and spoilage of canned food, and factors involved in home and locker-plant freezing of food. Discussion periods followed the presentation of each main topic.

Based on these discussions, committees working on specific assignments drew up recommendations which were adopted by the conference group. These dealt with (1) areas where additional home canning research is needed, (2) suggestions for

spoilage clinics, (3) standards for gages and gage testers, and (4) the performance of home-freezer units and preparation of food for freezing.

The entire conference group made suggestions and recommendations on methods of obtaining and evaluating statistical reports in food preservation.

NUTRITION RECOMMENDATIONS OF HEALTH OFFICERS AT ANNUAL CONFERENCE

The following excerpts from the proceedings of the 45th Annual Conference of State and Territorial Health Officers with the Surgeon General, held in Washington, December 2-3, 1946, are quoted because of their significance to all interested in nutrition education.

"Nutrition. In view of the evidence that has accumulated that adequate nutrition is a prime necessity for the maintenance of health and the prevention of illness, your committee recommends that State health officials be encouraged to introduce a nutrition program in State and local health departments. This can best be done, we believe, through the employment of a physician trained in nutrition to head such a program, together with a staff of qualified personnel as may be required, or where such is not possible, to employ nutritionists to organize and carry on an educational and service program."

"Enrichment of White Bread and Flour. Your committee recommends that State legislation be enacted requiring the enrichment of all white bread and flour in accordance with the recommendations of the National Research Council and standards promulgated by the Federal Security Administrator under the Federal Food, Drug, and Cosmetic Act, and as suggested by the Council of State Governments; and further urges that State health officers lend their support to secure such legislation in States where such legislation has not been enacted."

"School Lunch Programs. Your committee recommends that State health departments should be encouraged to promote State and local action for the establishment of school lunch programs which meet accepted standards and for the efficient administration of these programs from nutritional, sanitary, and education aspects. A school lunch act suggested by the Council of State Governments on November 1, 1946, should be studied as a basis for the possible need of additional State legislation."

Iodization of Table Salt. The committee recommends that Federal legislation be enacted to require the addition of iodine to all table salt in the amounts recommended by the Goitre Committee of the American Public Health Association, as a measure of great public health importance for the prevention of goitre."

PLENTIFUL FOODS LIST FOR FEBRUARY

The following foods are expected to be in plentiful supply throughout the greater part of the United States during February: Potatoes, onions, fresh citrus fruits, canned citrus juices, canned grapefruit segments, peanut butter, apples, dried peaches, celery, eggs, and heavy tom turkeys. In using this list, it is suggested that local availability of each item be verified. Record crops of almonds and filberts are expected to be reflected in retail prices in February considerably below those prevailing a year ago.

NOTES FROM THE FIELD

NORTH CAROLINA.—The State Nutrition Committee held its annual meeting in Raleigh on December 11, the first meeting since November 1944. The chief purpose of this meeting was to translate work from a wartime to a peacetime basis. Sixty people from all parts of the State attended the meeting.

Governor R. Gregg Cherry opened the meeting by speaking on "The Importance of Good Nutrition." During the afternoon session Dr. L. D. Baver, Dean of the School of Agriculture, spoke on "Nutritional Problems Requiring More Facts."

Dr. Bertlyn Bosley, Principal Nutritionist, State Board of Health, was unanimously elected as chairman to succeed Dr. Carl V. Reynolds, who has ably served in this capacity since the committee's organization.

At the business session, plans were made for two State meetings in 1947, one in the east and one in the west; the probable dates suggested were May and October. The standing committees were reviewed and the membership lists were checked and brought up to date. Arrangements were made for an early meeting of the planning committee, which will outline the field work for the coming year.

NEW JERSEY.—New officers were elected at the first fall meeting of the State Nutrition Council, held October 29. The

new chairman is Dr. Charles F. Church, a practicing physician, appointed to relieve Miss Marie Doermann, who has done an excellent job for the nutrition committee for some time. The Council expresses itself as feeling very fortunate in now being able "to find a doctor who is very much interested in nutrition to take the chairmanship."

Membership has been enlarged and a new executive committee appointed. The Council also adopted a constitution, in which the following five objectives for its program of work are stated:

1. To serve as a coordinating agency for all groups interested in nutrition education.
2. To encourage the organization and maintenance of local nutrition programs for the motivation of approved nutrition practices.
3. To disseminate authentic nutrition information.
4. To serve as a clearing house for exchange of information relative to nutrition programs.
5. To actively cooperate in promoting better health in New Jersey.

KANSAS.—The executive secretary, Mrs. Elma Ibsen of the State Nutrition Committee, spends considerable time in traveling to various communities. She responds to numerous requests to speak at community meetings. Judging by newspaper items, Mrs. Ibsen's ideas on food selection and information on nutrition are well received and put into practice, at least by high-school students. Mrs. Ibsen has done considerable work on nutrition education in the schools featuring the Basic-7 poster and the National Food Guide. The use of the food guide is explained and a copy is given only to those children who agree that they will take it home, tell their mothers about it, and put it up in the kitchen for family reference.

TEXAS.—The December issue of "What's Cooking?" is boiling over with activities carried on in Texas. It starts with a report of an executive committee meeting held on September 27 in Dallas in which the problems of great concern to the Nutrition Council are listed, following with a statement on what is being done to solve them.

This is followed by an account of the State meeting of the Nutrition Council held the next day, which was attended by 94 persons. After a program of talks

dealing with food conditions in Europe, the need for increased activity along food and nutrition lines in Texas, and conditions in public eating places, the agencies represented on the Council reported their activities. From these reports it is obvious that they are making great contributions to nutrition in Texas, and we wish we had space to report them all.

Among the items describing local programs we have selected the following as representative:

The Texas Negro Nutrition Committee met in Crockett on October 25. Among the subjects discussed were "Food Production and its Relation to Nutrition" and "The School Lunch Program." H. S. Estelle, the District Agricultural Agent, Hempstead, was elected chairman to replace Mrs. I. W. Rowan.

In Lubbock County the home economists and agriculturists meet once a month to discuss agricultural problems of the community and to make plans for cooperating in their solution. This fall the discussions have centered around "Vocational Agricultural Program for Farm Veterans," "Plans for the Panhandle South Plains Fair," "Suggested Improvements of the Exhibits at the Panhandle South Plains Fair," and "Food Situation Today."

On September 24-25, the Negro Volunteers, a group of representatives of Negro civic organizations and churches, launched a program for better nutrition in Negro homes in Houston. One of the first steps will be to get the Texas Food Standard into all Negro homes in the community. The Houston City Health Department and the City Tuberculosis Association are sponsoring this project.

In connection with the Well Child Conferences held by health units throughout Texas, public health nurses, home economists, and specially trained volunteers are giving very successful food demonstrations. To assist them a packet

entitled "Food Demonstrations in Well Child Conferences" has been prepared which contains short to-the-point lessons on the fundamentals of food preparation with some discussion of the techniques of infant feeding, meal planning for the total family, and food purchasing. The results of these conferences prove that "we really can do effective adult education in nutrition if workers are available."

* * *

Before closing, we wish to inform readers of the News Letter that Mrs. Rowena Schmidt Carpenter, whom many of you know in connection with her work on the News Letter during the past several years, has accepted a new position with the Poultry Branch of the Production and Marketing Administration. We are extremely sorry to lose Mrs. Carpenter's services and want to take this occasion to express our appreciation of the fine service she has rendered in her work with us. Her work will be carried on by the remaining staff and by Mrs. Edith Evers, who was a member of the staff during the peak of the wartime program. Mrs. Evers has returned to work with us in this new capacity.

Sincerely yours,



M. L. Wilson, Chief,
Nutrition Programs.



W. H. Sebrell, Associate Chief,
Nutrition Programs.